**Sexual Assault Center for High School Groups**

**Funding Source:** The Victims of Crime Act Federal award funds the Sexual Assault Center to provide group services for direct services to victims of sexual violence.

**Eligible Population:** Our funding source allows us to develop groups for students who have been affected by sexual violence. Based on Federal requirements groups will be designed to encompass the following populations:

* A group focused on providing support, education, and trauma resolution to sexual assault victims.
* A group addressing those who have experienced sexual violence anywhere on the continuum– this may include exposure to sexual harassment, sexting, exposure to pornographic material, sexually coercive relationships and/or sexual assault/abuse. This focus of this group would be in the area of education, expression of emotions related to experiences, support and empowerment.

**Potential Curriculum:**

* Expect Respect

**General Plan for Group Structure**:

* Check In (5-10 Minutes): Everyone responds to a statement or question given to them and is designed to understanding what group members are dealing with at the moment.
* Topic Introduction (5 – 10 Minutes): Use media, survey group members, introduce statistics, discuss music lyrics, share story, etc.
* Group Activity/Discussion (30 - 35 Minutes): Designed to deepen discussion, introduce skills, and explore feelings. Activities may involve art, poetry, role plays, videos, worksheets, and games.
* Check Out (5 Minutes): Encourages reflection and final thoughts.

**Additional Group Needs:**

* Pre and Post Testing (See Curriculum)
* Demographic Information for Grantor
* Student Assent/Parent Notification (See Curriculum)

**School Support:**

* Group Locations
* Time/Date/Frequency for Group to Take Place
* Selection of Curriculum
* Student Participants
* Additional School Requirements

**Expect Respect**

**Expect Respect Support Group:**

The Expect Respect Support Group serves vulnerable youth who have experienced violence in their homes, dating relationships, etc. The group is designed to help teens heal from past abuse, learn skills for healthy relationships, and prevent future victimization. The group is 24 sessions, but can be condensed into 12 sessions or even less if necessary.

**12 Week Group (Suggested by Expect Respect Program, but could be altered):**

* Session 1: Creating Group Guidelines
* Session 2: Weaving Connections
* Session 5: Communicating Assertively
* Session 6: Exploring Dating Rights, Responsibilities, and Expectations
* Session 8: Defining Abuse and Respect
* Session 9: Recognizing the Use and Abuse of Power
* Session 10: Identifying Warning Signs of Dating Violence
* Session 17: Resolving Conflicts
* Session 18: Setting Boundaries
* Session 19: Asking for Consent
* Session 20: Ending a Relationship
* Session 23: Reflecting on Our Group Experience

**SafeTeens Youth Leadership Curriculum and Facilitator Guide:**

The SafeTeens Curriculum empowers youth to become role models and leaders in preventing dating violence, sexual harassment, and bullying. The curriculum has 8 lessons, which focus on learning about privilege and power, taking a stand against bullying, respecting sexual limits, recognizing warning signs for dating violence, and learning skills for providing peer support.

**School- Wide Prevention Strategies:**

The school-wide prevention strategies focus on the development of school policy regarding dating violence and engaging students, teachers, and parent. The materials are from Choose Respect, which is a prevention initiative developed by the Centers for Disease Control and Prevention.

**Evidence of Effectiveness (See curriculum and printed article for more information):**

Evaluation has been an integral part of the Expect Respect Program. SafePlace of Austin and the University Of Texas School Of Social Work partnered to develop and refine evaluation methods. This process has continued with additional research partners and has informed the development of current program strategies.

Ball et. al., 2009 conducted a qualitative evaluation of the curriculum used in the support group. Outcomes of the evaluation showed: increase in healthy conflict resolution skills, increase in ability to identify abusive relationships, and reduced perpetration among high risk participants.

Ball et. al., 2012 conducted a quantitative evaluation of the curriculum used in the support groups and outcomes showed an increase in healthy conflict resolution sills.

Expect Respect has been recognized for its innovation and leadership from several state and national organizations such as, The National Teen Dating Violence Prevention Initiative of the U.S. Department of Health and Human Services, The National Center for Victims of Crimes, and the National Resource Center on Domestic Violence.